



CATAWBA COUNTY

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Department of Social Services

PRESS RELEASE/PSA

FOR IMMEDIATE RELEASE

Friday, September 07, 2007

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Don't Let Osteoarthritis of the Knee Become a Pain

Do you or someone you know suffer from the pain, stiffness, or inflammation associated with osteoarthritis of the knee?

The Senior's Morning Out Program is delighted to announce that Dr. Richard Avioli will present an educational seminar on osteoarthritis of the knee on September 19th at 10 am at the Maiden Community Center located at 207 East Klutz Street. This program, sponsored by sanofi-aventis U.S., is open to all Catawba County seniors.

Osteoarthritis is a disease that affects the joints – the areas where your bones form hinges for movement. Osteoarthritis is the most common form of arthritis and affects nearly everyone by the age of 70. Factors that may contribute to osteoarthritis of the knee include overuse of the knee joints, job or sports related injuries, being overweight, and family history. About 21 million people in the United States are affected by osteoarthritis.

Attendees will learn about and receive valuable information on the signs, symptoms, causes of, and up-to-date treatment information for osteoarthritis of the knee. In addition, a free lunch will be provided for those that register by deadline, September 13th.

Senior's Morning Out is a program that provides nutritious meals and a social outlet for Catawba County's seniors. More than 150 senior adults attend the program. Transportation is provided to any of the five locations throughout Catawba County for those in need. Lunch is served daily around 11:00 a.m. and donations are accepted for the meal.

Senior adults can join Seniors' Morning Out for one day, a few days or every day of the week. "Seniors' Morning Out is more than a nutrition program," said program Supervisor, Jan Shaffer. "It is a great way for seniors to get information that is relevant to their needs.

This is an event you will not want to miss, so mark your calendar and plan to attend! Register for the event by calling 828-695-5610 by September 13th.